

FLIGHT JACKET

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Marine Corps Air Station Miramar, Calif.

April 9, 2004

Navy league awards enlisted women of the year

Story by Lance Cpl. John Sayas

MCAS Miramar Combat Correspondent

SAN DIEGO – Fifty-four Marine, Navy and Coast Guard enlisted women were nominated for their excellence during the 43rd Annual Naval Services Enlisted Women of the Year Awards luncheon at the Fleet Anti-Submarine Warfare Training Center March 31.

Cpl. Amanda L. Hoenes, crew chief, Marine Medium Helicopter Squadron 268, 3rd Marine Aircraft Wing, based out of Marine Corps Base Camp Pendleton, and Petty Officer 1st Class Heather N. Matsuko, aviation maintenance administrator, Fleet Aviation Specialized Operational Training Group, Pacific Fleet, based out Naval Air Station North Island, were named 2003 Naval Services Enlisted Woman of the Year and presented with a plaque and gifts from sponsored guests during the annual awards ceremony hosted by the San Diego Council United States Navy League.

"All the time people hear about the bravery, honor and dependability of Marines, but to see examples of it first hand and close up is a whole different story," wrote Hoenes in her essay submitted with her nomination package. Hoenes was deployed to Iraq last year and explained her experiences while



Cpl. Amanda L. Hoenes (left), crew chief, Marine Medium Helicopter Squadron 268, and Petty Officer 1st Class Heather N. Matsuko, aviation maintenance administrator, Fleet Aviation Specialized Operational Training Group, Pacific Fleet, were named 2003 Naval Services Enlisted Woman of the Year during the 43rd Annual Naval Services Enlisted Women of the Year Awards luncheon at the Fleet Anti-Submarine Warfare Training Center March 31. Photo by Lance Cpl. John Sayas

serving with the Marines in support of Operation Iraqi Freedom.

"They no longer looked nervous or scared, but instead tired and proud that they got the opportunity to do their jobs. It really

showed me that Americans are the luckiest people in the world ... because with people like these, our freedom will never be in danger. To be a part of that is truly an honor."

The ceremony honored enlisted women

of Naval services from the Southern California area as part of Women in the Military Month in front of guests that included active duty military, reservists, retirees and family members at the center's Admiral Kidd Club.

"These women are the best of the best," explained Curtis Beauchamp, first vice president, San Diego Council Navy League and narrator of the event. "Without them we can't function because the military is a total force."

The San Diego Council Navy League had conducted a board to determine two winners for this year's ceremony, according to Ira Lott, Navy League vice president for Programs. One winner would be picked out the ranks of E-1 to E-5, and the other from E-6 to E-9. The board members reviewed service records, community involvement and an essay titled "What the Naval services means to me" written by the nominees to determine who would be awarded woman of the year.

"We have some outstanding women serving in our military," said Lott, a Pleasantville, N.J., native. "The women are outstanding. The winners deserve to win."

Although not named as one of the winners, Sgt. Michele Patterson, aviation electronics technician, Marine Fighter Attack Training

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Marine awarded Purple Heart, fellow Marines recount incident

Story by Sgt. J.L. Zimmer III

MWHS-3 Combat Correspondent

AL ASAD, Iraq – A 3rd Marine Aircraft Wing Marine received the Purple Heart Medal here April 1 for wounds received while providing security for a convoy in the Al Anbar Province of Iraq. This is the first Purple Heart Medal to be awarded to a member of 3rd MAW in theatre

Sgt. Jeremy A. Williamson, a 27-year-old Knoxville, Tenn., native, received the award at a ceremony officiated by Maj. Don R. Avant, company commander, Lima Company, 3rd Battalion, 24th Marine Regiment, in the presence of his fellow Marines and commanders.

Maj. Gen. James F. Amos, commanding general of 3rd MAW, Col. Juan G. Ayala, commanding officer of Marine Wing Support Group 37, and Lt. Col. David M. Taylor, the force protection commanding officer, also attended the ceremony.

Providing convoy security in a hostile area is hazardous duty, and that duty proved to be hazardous March 13 at approximately 2 p.m.

"This was only the second convoy we had provided se-

curity for since arriving in theatre," said Williamson, 2nd Squad leader, 2nd Platoon for Lima Co., 3rd Bn., 24th Marines, a unit tasked with external and convoy security for 3rd MAW. "We were providing security for more than 80 tactical vehicles when we left that day. There were a total of 20 vehicles per squad in our company that needed to be secured."

While taking care of some last-minute security measures before departing that day, Williamson returned to his Humvee to find his radio operator, Lance Cpl. Eric W. Shaw, a 19-year-old West Chester, Ohio, native, in the driver side rear seat.

"When Sergeant Williamson got back to the Humvee, he told me to move over to the back passenger seat," said Shaw.

What Shaw did not realize at the time was moving from that seat would eventually prevent the young Marine from sustaining the injuries Williamson would receive later on in the day when their convoy was moving along a supply route.

Williamson recounted the event with the precision of a guided missile and did not miss an event outside of his conscious state.

"As our vehicle was moving forward, we called in our

checkpoint at the same time the (improvised explosive device) exploded," he said. "I felt a burning sensation on my left arm and the left side of my face. I woke up to Marines yelling, 'IED' and looked at the Marine in the turret and saw him bleeding. I am an (emergency medical technician) and knew we had to get the Marine out of the vehicle.

"I assessed his injuries and that is when a corpsman arrived and began to give first aid," he said. "After that I got on the radio to request a (casualty evacuation helicopter), but I started to experience the first stages of shock."

Another Marine in the same Humvee, Sgt. Patrick S. Johnson, a 32-year-old Elizabethtown, Tenn., native and 2nd Platoon guide, did not receive any injuries, but witnessed the way Williamson reacted to the situation.

Shortly after coming to his senses, Johnson immediately noticed that Williamson had been injured, but Williamson refused medical attention until the situation was under control.

"I noticed Williamson's face was bleeding, but he said he was fine," said Johnson. "He got out of the vehicle and started

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Inside

Weekend forecast from Miramar's weather station



69°/52°
Today



69°/53°
Saturday



70°/54°
Sunday

CG
returns
home



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hikes
Miramar



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April 2004

CHILD ABUSE PREVENTION MONTH/MONTH OF THE MILITARY CHILD

April has been designated as Child Abuse Prevention Month in the United States. Additionally, the Department of Defense has designated April as “Month of the Military Child.” The theme this year is “Helping Children Feel Safe in Uncertain Times.” Our children are our greatest treasure and, sadly, many children do not feel safe in their own homes. Every year, there are over three million reported incidents of child abuse and neglect and research shows that many of those children will suffer the consequences of that experience throughout their lives.

The Marine Corps has made a dedicated effort to reduce child abuse and our efforts seem to be working. There has been a 33.1 percent decrease in child abuse reports from 776 in fiscal year 2002 to 519 in fiscal year 2003. This is the lowest number of reports in the last five years; however, the fact remains that 519 reported cases is still too many. We can do better.

Risk factors contributing to child abuse include parental substance abuse, lack of effective parenting skills, domestic violence and extreme family stress. Especially now, with war impacting many Marine families, children may become more vulnerable as stress rises. As part of this year’s theme, I am asking for the support of command leaders to get the word out and encourage your Marine and Navy families to participate in the many programs available to assist in reducing risk factors.

The Marine New Parent Support Program and Marine and Family Service Center have planned numerous programs and activities during the month to raise awareness and provide education to parents to help their children feel safe in these times. I encourage each and every one of you to enjoy positive activities with your family, not only during April, but throughout the year ahead and I wish all parents and children a safe and healthy future.

JON A. GALLINETTI
Major General, U.S. Marine Corps
Commander, Marine Corps Air Bases, Western Area



Please visit us at www.miramar.usmc.mil

Miramar Mail



“What new recreational activities does MCCS have planned for single Marines, and how can Marines provide ideas?”
Lance Cpl. Joseph Guillaume
Administration Clerk
MAG-11

Marine Corps Community Services is committed to providing active duty and reserve Marines and Sailors, their families and Department of Defense employees with a wide array of free events and activities.

Specifically, the Single Marine Program sponsors activities, fundraisers and community relations projects for the station’s single Marines and Sailors. The organization was established solely to improve the quality of life for more than 50 percent of the Corps’ population group - the single Marine.

Many trips are scheduled through SMP, and the costs involved are used to pay for transportation, food and ticket prices. This month single Marines and Sailors can travel with their fellow servicemembers to Mission Beach where they can spend an afternoon soaking up the sun.

This month’s fundraising project is the Sergeant’s Major Dunker Day April 15 at the Flightline Food Court at 10:30 a.m. The proceeds raised from dunking your unit sergeant major will go toward funding future SMP events.

For those looking to be involved in the community, the SMP has organized a mentoring program with students at La Mesa Spring Valley Middle School and a freeway clean up project to keep San Diego litter free.

The SMP is always open to suggestions for trips and events. To submit your ideas or to find out what other upcoming events are scheduled, call 577-6171.

Editor’s note:

E-mail your questions to the Commanding General, Marine Corps Air Station Miramar at:
ombpaoflight@miramar.usmc.mil

Please include “Question to the General” in the subject line.

FLIGHT JACKET

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MCABWA CG returns to Miramar from Iraq



Maj. Gen. Jon A. Gallinetti is greeted by a friend at his homecoming April 3 at his Miramar home. Gallinetti, commander of Marine Corps Air Bases Western Area and commanding general of Marine Corps Air Station Miramar, spent six months in Iraq as chief of staff for Combined Joint Task Force 7. Photo by Cpl. Jeff Zaccaro

Story compiled by CPAO

MCAS Miramar Combat Correspondent

“It’s the most glorious feeling in the world to have him home safe and sound.”

Those are the words echoed by Maj. Gen. Jon A Gallinetti’s wife, Janice, at his homecoming April 3.

Gallinetti, commander of Marine Corps Air Bases Western Area and commanding general of Marine Corps Air Station Miramar, returned home after a six-month deployment to Iraq.

Gallinetti, who recently served as the chief of staff for Combined Joint Task Force 7, said it felt good to be back in the United States and home with his family.

“It feels outstanding coming back from Iraq with my team of Marines,” he said. “Although I would have liked to have done more over there, it feels good be back home in the company of my friends and family.”

‘(It’s) good to have the boss back. We are all very proud of what he did for us during Iraqi Freedom ...’

Col. Paul Christian

During his tour in Iraq, Gallinetti was accompanied by Capt. Greg Hanweck and Sgts. David Nuttall and James Wheeler, who provided direct security for the general and although Gallinetti was deployed in a combat zone, his children, Matt, 24, and Jacqueline, 21, supported their father’s throughout his tour.

“It was scary watching TV and seeing all the bad things that were happening over there,

but we knew that he has been training all his life for this, and he has the experience,” Jacqueline said. “It is amazing to have him back, and we are very proud of him.”

Gallinetti’s chief of staff, Col. Paul Christian, who took on the commander’s responsibilities while deployed, was ready for the general’s return.

“(It’s) good to have the boss back. We are all very proud of what he did for us during Iraqi Freedom, and I am really looking forward to having him back in command again,” he said.

Miramar opens recreational fish pond for Marines

Story by Lance Cpl. John Sayas

MCAS Miramar Combat Correspondent

Marines can now start looking forward to reeling in the big one at the fishing pond that opened here April 1.

For more than two years, a number of stocked fish including bass, catfish and bluegill have been hiding out and more than likely grown to legal size in this remote area located on the west side of base, according to Nancy Dussault, Outdoor Adventure Center manager, Marine Corps Community Services.

The Marines have worked with MCCS and base facility personnel for the past couple years to improve the area for recreational use by clearing out fishing areas, adding docks, walkways, picnic benches, telephones for emergencies and ensuring that it is handicap accessible, said Dussault.

She said the area is great a place for families to relax.

“We’ve got some really nice fish down there that have been growing for over two years. It has been made easy (to access) for anybody going down there,” Dussault said.

Dussault said fishing is open and free to authorized personnel including active duty and reserve military personnel, retirees, family members and Department of Defense personnel who obtain a one-year base fishing license and sign an informed consent and waiver of liability at the Outdoor Adventure Center.

She also wanted personnel to understand swimming or boating is not permitted and no fires will be allowed including barbecues and fire pits.

“What (the consent form) basically says is that (the pond) is an unattended body of water,” Dussault commented. “We want



The Miramar Fish Pond officially opened April 1 for active duty and reserve military personnel, retirees, family members and Department of Defense personnel. Base fishing licenses can be obtained at the Outdoor Adventure Center located in building 6673. Photo by Lance Cpl. John Sayas

everyone to be aware of the inherent dangers of an unattended area.”

There is a limit in size and number of fish that can be caught

while catch and release is highly encouraged, said Dussault.

“We are highly encouraging catch and release, but we understand that some of the kids may

not want to because it’s a big prize for them,” she said.

For more information, stop by the Outdoor Adventure Center or call 577-4150.

Mother Nature recovers faster than expected

Story by Cpl. Kristen L. Tull

MCAS Miramar Combat Correspondent

It's been almost six months since the air station endured the rolling devastation of the Cedar Fires. Although 19,000 of Miramar's 21,000 acres burned, the journey to recovery is already well on its way.

JoEllen Kassebaum, a botanist here, says for the most part the environmentalists are letting Mother Nature take her course.

"The Burned Area Emergency Response Team came to the station and provided recommendation for recovery. It was to let the area recover on its own," said Kassebaum.

There are a few things that the environmentalists are doing to help assist the natural course of action such as providing erosion control and replanting seeds to trees that burned after living for

more than 50 years.

"We had Marines put out what we call waddles (rolls of hay) around slopes to help reduce erosion which could cause building damage if there was a flood," said Kassebaum.

She added that in addition to erosion control, preventing the ashes from washing away is also very important.

"The ashes contain nutrients, especially nitrogen, which promotes green growth," said Kassebaum.

Nurturing the soil back to life and promoting regrowth of the Sycamore trees that burned down is a priority because they provided shade as well as a habitat for many different species in the area.

"The station hired San Diego State University to replant these trees as well as follow up on their growth for the next five years," said Kassebaum.

They are also trying to prevent

harmful exotic and invasive plants from establishing themselves on the barren area, which requires constant surveying of the land.

"Things such as Russian Tristle, commonly known as tumbleweed, can cause problems if blown across the flight line," said Kassebaum. "Others such as Pampus Grass, which are huge plants that would take up too much space and too many resources, would not allow the habitat that was once there to come back."

Part of the mission and stewardship here on Miramar is to keep as much of the natural habitat as possible as well as to protect the current species. Kassebaum says there are some things Marines themselves can do to help aid in this process - simply staying on the road.

"When you go out of the designated



Diplacus aurantiacus is one of many plants regrowing on East Miramar. Photo by JoEllen Kassebaum

See **NATURE**, page 11

MWSS-374 Marines say goodbye, pay tribute to their fallen brother

Story by Staff Sgt. A.C. Mink

MAG-16 Combat Correspondent

AL TAQQADUM, Iraq – "... Burgess. Lance Corporal Burgess ... has anyone seen Lance Corporal Burgess?" asked Sgt. Maj. Doyle W. Braddy, sergeant major, Marine Wing Support Squadron 374, Marine Wing Support Group 37, 3rd Marine Aircraft Wing, Marine Corps Air Ground Combat Center, Twentynine Palms, Calif., to a still room.

His voice trembling, he reported to Lt. Col. Dave R. Leppelmeier, commanding officer, MWSS-374, "All present but one."

Friends and fellow servicemembers from MWSS-374 and 3rd MAW gathered here March 29 to pay tribute to Lance Cpl. Jeffrey C. Burgess, killed in action March 25 near Fallujah, Iraq.

"You're a true friend," read Lance Cpl. George W. Hyndman, Burgess' friend and fellow military policeman, from a letter that he wrote to say goodbye to the Plymouth, Mass., native. His voice cracking he said, "You're my brother."

The Woodinville, Wash., native left the podium to a room filled with silence.

Burgess, a military policeman with Marine Wing Sup-

port Squadron 373, MWSG-37, 3rd MAW, based at Marine Corps Air Station Miramar, Calif., arrived in country less than a month ago. His unit was assigned to MWSS-374 based out of MCAGCC.

Maj. Gen. James F. Amos, commanding general, 3rd MAW, addressed the group encouraging them to stay strong and to remember their fallen brother.

"Lance Corporal Burgess was my guardian angel," said 1st Lt. Scott Welch, officer-in-charge, MWSS-374 security detail. "He was there in the turret protecting all of us."

With tears in his eyes, the young lieutenant added, "Now he is everyone's guardian angel."

MALS-11 takes on Camp Elliot terrain



Marines from Marine Aviation Logistics Squadron 11 Supply and Ground Support Equipment round one of the last corners of the 5-mile hike they conducted at Camp Elliot April 2. *Photo by Cpl. Jeff Zaccaro*

Story by Cpl. Jeff Zaccaro

MCAS Miramar Combat Correspondent

In the pre-dawn hours of April 2, the supply Marines with Marine Aviation Logistics Squadron 11 and their Ground Support Equipment counterparts came out from behind their desks and from fixing their equipment to conduct a 5-mile hike throughout the Camp Elliot backwoods.

According to Staff Sgt. Robert Williams, a Pensacola, Fla., native, and Supply Response Division staff noncommissioned officer-in-charge, the purpose was to better prepare the Marines for deployments, increase the units' physical readiness and honor currently deployed Marines.

"Although we are aviation Marines, we are all basic riflemen. There are Marines in Iraq right now who are (hiking) more than five miles everyday with more gear," he said.

Since a hike had not been conducted in the squadron in years, Williams took it upon himself to build the hike from the ground up early this year. In doing this, the former drill instructor made sure that all guidelines were followed and all safety precautions were taken.

When the day of the hike finally came, anticipation amongst the Marines rose as they boarded the bus at their headquarters and moved to Camp Elliot here. Once there, the Marines geared up and stepped off in two columns up the rocky hills of the camp.

Shortly into the hike the Marines were halted and given a chance to adjust their gear before taking on one of the steepest hills on the course. Once that hill was conquered, the Marines were given hip-pocket classes on hydration and heat and foot injuries from some of their fellow "Devil Fish."

Although the start of the hike was rough, at the peak of the hills, Staff Sgt. Michael Flowers, Squadron Support Division SNCOIC, felt the Marines were pulling together and performing well.

"We got off to a rough start, and now that we are in the second half of the march, Marines are really starting to come together, figure out the mission and build camaraderie," said the Cabot, Ark., native.

At the end of the hike, the Marines gathered around their sergeant major, Sgt. Maj. Keith L. Williams, for some motivating words before heading back to the air station.

"You have your (military occupational specialty) and that makes up half of you," the sergeant major told his troops. "The other half is doing stuff like this, putting on the boots and utes and being a basic rifleman."

When the Marines returned to the air station, Master Gunnery Sgt. Francisco Alsina, Aviation Supply chief, had a mini "warrior's breakfast" waiting for the Marines at Mills Park.

See **MALS-11**, page 11



During Marine Aviation Logistics Squadron 11's hike throughout Camp Elliot, the Marines of Supply and Ground Support Equipment encountered many different terrain features, including the regrowth of land damaged during the Cedar Fires. *Photo by Cpl. Jeff Zaccaro*

Reserve Marines receive Combat Aircrew Insignia

Story by Sgt. Rob Henderson

MarForRes Forward Deployed

ALASAD, Iraq – Seven Reserve Marines of Marine Aerial Refueler Transport Squadron 234, headquartered in Fort Worth, Texas, received their Combat Aircrew Insignia at a squadron formation here March 31.

Many of the awardees, enlisted crewmen on Marine KC-130s, flew in support of Operation Iraqi Freedom last year and are proving their mettle once again this year.

“For a KC-130 crewmember, the Combat Aircrew Insignia is hard to come by,” said Lt. Col. Clarke D. Clodfelder, officer-in-charge, VMGR-234, AlAsad detachment. “It wasn’t until the last 10 years or so that Marine KC-130s were looked at to be employed in more of an assault-support role instead of just for refueling.”

A change in Marine Corps tactics opened the door for enlisted aircrew members to begin receiving the insignia with the same frequency as their peers in the aviation community, but the change didn’t make achieving it any less strenuous.

In order to be awarded the Combat Aircrew Insignia, a Marine has to graduate from an aircrew school and fly combat missions in a designated combat zone. The wings can be awarded for single missions during which an enemy is engaged or for targeted missions against fortified enemy positions, according to the Assignment Classification and Travel System manual.

“As an enlisted aircrew member, the Combat Aircrew Insignia is something that lets everyone else know you’ve been there, done that and participated in the real thing,” said Clodfelder, a native of Highlands Ranch, Colo.

For one recipient, the Combat Aircrew Insignia symbolizes his transformation from the groundside of the Marine Corps to the aviation community.

Sgt. Jason T. Tauch, flight mechanic, was deployed with 7th Marine Regiment, Marine Corps Air Ground Combat Center, Twentynine Palms, Calif., to Mogadishu, Somalia, during Operation Joint Guardian in 1994.

During Operation Joint Guardian, Tauch earned a Combat Action Ribbon while supporting the United Nation’s with-

drawal from the war-torn country.

A few years after separating from the Marine Corps, Tauch rejoined as a reservist, but this time he yearned for something different. Training as a KC-130 flight mechanic, he was ready to take his test for full certification prior to being deployed early February. This deployment came on the heels of another deployment to Ahmed Al Jaber Air Base, Kuwait, in support of Operation Iraqi Freedom last year.

“I was glad to be here because I got my qualification as a flight mechanic, and I got the Combat Aircrew Insignia,” said Tauch. “Coming back to Iraq this year really let me learn what this job is all about.”

For the detachment, tasked with augmenting VMGR-352, 3rd Marine Aircraft Wing, Marine Corps Air Station Miramar, Calif., this is the best way to thank the Marines for their hard work and dedication to duty, according to Clodfelder.

“When we get the chance to do something positive, reward someone or recognize someone, that makes it all worthwhile,” he said.

Local news should display respect for American lives

Commentary by Sgt. W.A. Napper Jr.

MCAS Miramar Combat Correspondent

When I opened my morning paper April 1 the headline screamed at me in huge bold letters: “Americans ambushed, civilians’ bodies dragged through Fallujah, hanged from bridge.”

Before I could generate any interest in the story, I studied the accompanying photo taking up most of the upper fold.

My stomach began to turn as I realized I was looking at the charred remains of Americans while Iraqis laughed and chanted anti-American slogans. In the background of the picture an Iraqi man smiles as he beats one of the bodies with his shoe – an insult of the highest degree in their culture. While I was angered at seeing Americans desecrated in such a

way I was just as angered at the newspaper for publishing it in the manner they did. It would be one thing if it had been printed inside the paper on a black and white page, but to have it taking up the entire upper half of the front page and in full color, that’s just too much.

I deployed to the Middle East for Operations Enduring Freedom and Iraqi Freedom myself, and I know what goes on over there. I’m a realist and understand we’re at war, which in itself is a grizzly matter. I’m all for getting the story out there to the American public, and I think my feelings are even stronger than most because I’m a journalist. I want the truth to get out there, but all I could think about after seeing that photo was what if my daughter was a little bit older and saw that photo? What about all the young children out there who were exposed to this violent image throughout the day?

It’s bad enough it was all over the

television the entire day, but think about it – all across America young children were exposed to it as they were taken to the grocery store or to department stores or pretty much anywhere they went because the photo wasn’t taken by a photographer for that specific paper. Instead a photographer for the Associated Press took the shot so any newspaper or magazine worldwide could pick it up and display it in their publication – and they did.

Whether you’re Republican or Democrat, for the war or against it, all can agree the war in Iraq is taking its toll on the American public. For the first time in a long time we are being subjected to

updates of the latest numbers and images on the nightly news and in our papers. It’s the topic of choice around many water coolers throughout offices nationwide.

‘Is all of this exposure in our popular culture cheapening the image of America’s fighting men and women?’

Sgt. W.A. Napper Jr.

Our radios are filled with patriotic songs about soldiers doing their jobs in far-off lands, and the television has its weekly military dramas for our viewing pleasure.

Is all of this exposure in our popular culture cheapening the image of America’s fighting men and women? While the exposure is making the public more aware of what life is like for us, at the same time it’s also desensitizing that same public to the true violence of warfare, and this picture is a perfect example of that. By placing it larger than life on the front page it exposes not only the public to graphic violence, but also those who don’t have a choice but to see it – our children, the future of this nation.

As I’ve already stated, the truth should be revealed to the American public, but I think publishers and producers should have more respect not only for fallen Americans, but also for those who may be exposed to the images.

The *Flight Jacket* welcomes your opinion. If you would like to submit a commentary, e-mail it to ombpaoflight@miramar.usmc.mil. Letters are not guaranteed to be printed and may be edited.

Miramar Marines, Sailors volunteer at Carlsbad 5000

Story by Cpl. James S. McGregor

MCAS Miramar Combat Correspondent

CARLSBAD, Calif. — Miramar servicemembers spent a couple days in Carlsbad when they volunteered to support the Carlsbad 5000 5k Run March 27 and 28.

Seventy two Marines from Headquarters and Headquarters Squadron and 26 Sailors from Dental helped provide various assistance before, during and after the races with compensation provided through a monetary donation from Elite Racing for this year's Marine Corps Ball fund.

Since there were races going throughout the day Saturday and Sunday, the Marines were kept busy providing help and security.

Jobs were broken down into three categories: course guides, fence team and train team.

Course guides were used to provide security throughout the course. Streets were blocked off, however, Marines were used as a precaution to make sure no motorized vehicles went through barricades and be allowed on the course.

Fence teams assembled and disassembled a fence barricade through most of the 5k course to separate the runners and spectators.

The train team had the responsibility of keeping spectators and participants off the course when north-bound and south-bound Amtrak trains went through the course. Trains were traveling in excess of 70 miles per hour, and at the two intersections where the course crossed the track, eight Marines were utilized not only to keep civilians off the track, but also from standing too close to the track as the trains passed.

While Elite Racing will donate a monetary contribution for each Marine and Sailor who worked the event, most volunteers were content in providing support and comfort to the local cities, said Gunnery Sgt. Ibar J. Romero Jr., squadron gunnery sergeant, H&HS.

"I believe it is good for our Marines to provide assistance to any of our surrounding communities because it shows the warmth and compassionate side of the Marines in supporting community events," Romero said. "These communities are where our families live and work, and any positive image we can convey keeps Marines in a positive light in the public's eyes. Meanwhile thousands of miles away our fellow Marine brothers and sisters provide the aggressive and tenacious warrior that the public has come to know and expect of its Marines."

Romero added Marines should always continue to support outside community opportunities whenever possible.

"Community projects are important because they portray a positive supportive image of Marines. Events like MDA walks, MS walks, Rock and Roll Marathon, Carlsbad 5000 and City of Hope Walk for Breast Cancer - these organizations affect us and our families, and support is the least we can provide. Marines also get to see different areas they normally wouldn't get to see bottled up in their barracks rooms or driving straight to and from work. If they find another beach, restaurant, dance club, car club or watering hole that they wouldn't have found otherwise then it gets them to go out into different communities more. There is far more to San Diego than the bars in (Pacific Beach) or Gaslamp District."



Miramar Marines secure the area near a railroad track while volunteering during the Carlsbad 5000 5k Run March 27 and 28. Photo by Cpl. James S. McGregor



Chapel weekly schedule of events

Holy Family Catholic Community

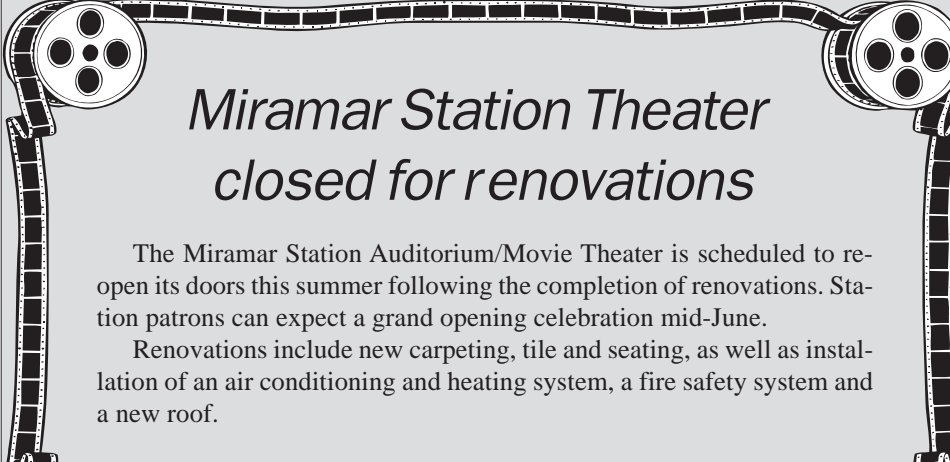
- ♦ Mass: 11 a.m. Sunday, 11:30 a.m. weekdays.
- ♦ Rosary: 10:30 a.m. Sunday.
- ♦ Confession: 10:15 a.m. Sunday or for appointments call Father Berchmanz at 577-1333.
- ♦ Religious classes for children for first communion, confirmation: 9:30-10:45 a.m. Sunday.
- ♦ Youth gathering and planning following mass Sunday.
- ♦ Baptism: Normally the first Sunday of the month. Call the chaplain's office for details.
- ♦ Marriage: Call the chaplain for details at least six months before wedding.
- ♦ Instruction in the Catholic faith (RCIA). Call the chaplain's office for details.
- ♦ Scripture Class: 7 p.m. Wednesday in Chapel classroom.
- ♦ Choir Practice: 6 p.m. Wednesday in Main Chapel.

Liturgical Christian

- ♦ Sunday: Choir rehearsal at 9 a.m.
Liturgical worship at 9:30 a.m.
Adult/Youth/Children Bible study at 10:45 a.m. Young Adults Fellowship at 5:30 p.m.
- ♦ Tuesday: Morning prayer group (Room 4) at 6 a.m.
Contemporary Gospel Service at 7:30 p.m.
- ♦ Wednesday: Crafts and conversation at 9 a.m. Free childcare provided.
Women's bible study at 10:45 a.m.
Baptist service at 7 p.m.
- ♦ Thursday: Liturgical choir rehearsal at 7:30 p.m.
- ♦ Friday: Baptist bible study at 7 p.m.

Jewish

- ♦ First Friday of the month at MCRD San Diego at 7 p.m.
- ♦ Last Friday of the month in Edson Range Chapel Camp Pendleton at 7:30 p.m.



Miramar Station Theater closed for renovations

The Miramar Station Auditorium/Movie Theater is scheduled to re-open its doors this summer following the completion of renovations. Station patrons can expect a grand opening celebration mid-June.

Renovations include new carpeting, tile and seating, as well as installation of an air conditioning and heating system, a fire safety system and a new roof.

Identity theft

To defend yourself against identity theft and to protect yourself from becoming a victim of identity theft during extended absences or deployments, visit Miramar's Legal Assistance Office or call 577-1656.

Walk-in clients can come in on a first-come, first-serve basis on Mondays and Wednesdays from 8 a.m. to 11 a.m. You may also visit your station Financial Management Office for further assistance or call 577-6980.

For extensive information and educational materials on identity theft, visit online at www.consumer.gov/idtheft and at www.ftc.gov.



**For information on
deployed 3rd MAW Marines
and Sailors, call the
Dictaphone at
1-877-616-8762.
For more information, call
577-7397/7294.**

Online dental

Branch Dental Clinic Miramar has created an online dental appointment system in order to help ensure active duty Marines and Sailors receive the best access to care with increased personal readiness.

To access the electronic appointment system, log on to www.miramar.usmc.mil and click on the site index. Click on Dental, then click on the toothbrush icon to make an appointment.

After filling out the information blanks and submitting the request, Dental will contact you with your scheduled appointment.

Championship game

The Semper Fit Center, building 2002, is hosting the final Armed Forces Women's Basketball Championship games today to wrap up the championship that began Sunday.

During today's opening game at 1 p.m. the Marine Corps will take on the Navy, followed by the Air Force and the Army in the second game at 3 p.m.

An awards ceremony will immediately follow the games.

For more information, contact the Athletics Office at 577-4127/7700 or visit online at www.mccsmiramar.usmc.mil.

Youth sports soccer

Miramar's Youth and Teen Center extended late registration for Miramar Youth Sports Soccer through April 30 for boys and girls ages four through 13.

The registration fee is \$45 and includes individual and team pictures, individual trophies, game jerseys, shorts and socks. The event is open to all children with base access in Miramar housing areas.

For more information, call the Youth and Teen Center at 577-4136.

Reserve meeting

All Miramar active reserve Marines are invited to attend an active reserve meeting Wednesday at the Reserve Support Unit, building 8671, from 8 a.m. to 4 p.m.

Active reserve monitors will conduct a lecture in the conference room on the second floor and will answer questions about careers.

For more information, call DSN 278-9121.

**Train your Marines as a team
and set the example.**

Change of command



Lt. Col. Jeff K. Mosher



Lt. Col. Bruce A. Haines

Lt. Col. Jeff K. Mosher, commanding officer, Marine Aircraft Group 16 (rear), will replace Lt. Col. Bruce A. Haines as commanding officer of Marine Medium Helicopter Squadron 163 Thursday. Haines will attend the Naval War College in Newport, R.I. Official Marine Corps Photos

AWARDS,
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Squadron 101, stationed at Marine Corps Air Station Miramar, felt privileged to be a part of such a prestigious event that includes some of the best women to serve within their respective service.

“It’s amazing to see so many strong military women together because I usually see so few. To see a room full of this many military women that are being honored this way, even to be nominated is overwhelming,” explain Patterson, a Washington Township, N.J., native.

The San Diego Council Navy League is

PURPLE,
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to provide security and gave first aid to another injured Marine.”

According to Shaw, he was the only Marine in the vehicle that was not unconscious after the explosion.

“It was all surreal,” said Shaw. “It seemed like a long time had passed, but it was less than a minute. After that eternity had passed, I heard Sergeant Williamson asking if anyone was hurt. I could not comprehend what

was going on around me but I told him I had not been hit.”

Williamson added that before receiving any first aid, he had to ensure the injured Marine was in a safe place and security was posted around the damaged vehicle.

“We moved two more vehicles to block the road to protect the other Marine,” he said. “I remembered my thought pattern the entire time; I asked myself if I was hurt, I was. I asked myself if I could function, and I could.

“I had to take care of the other Marines first because that is who I am responsible for,” he added.

For Shaw, his experience did not sink in until he was taken out of the vehicle and posted security around the bombed area.

“I did not realize the emotions of the situation until I posted security,” he said. “I was not worried about myself or Sergeant Williams, I was more worried about the other Marine because nobody knew how badly he was hurt. To me this is just one of those things you cannot imagine happening to you until it does.”

Amos gave Williamson a challenge coin as a memento once the ceremony was over, first calling the Marines in close so he could speak to them less formally.

“This is not the kind of award you want to

go around getting again,” said Amos to Williamson. “I’d appreciate it if you didn’t get anymore of them.”

As the Marines’ laughter faded, Amos spoke directly to the group, encouraging them to continue in their mission, and look out “more for the Marine on your left and right than for yourself.”

Addressing Williamson, but including his fellow 3/24 Marines, Amos said, “Thank you for your faithfulness and courage; you’re going to be proud of what you’ve done here.”

NATURE,
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areas, particularly when the ground is wet, you create depressions and crush vegetation,” said Kassebaum.

Anything from a Humvee to something as small as a bicycle can cause these types of problems.

“I would encourage anyone that wants to conduct training to contact us prior to setting up. If they would tell us what they need, we could show them on the map the best sites for them.

By doing this, the unit will save time, and the environmentalists can continue

moving forward on getting the environment back to normal.

Overall the environmental department is very pleased with the re-growth.

“It’s going very, very well, much better than expected,” said Kassebaum. It looks healthy, robust, and with the adequate precipitation, I would say within five years the habitat could probably be back to normal.”

MALS-11,
continued from page 6

“This morning really broke the monotony. Most of the time we just concentrate our efforts on the technical side of our job, but it is always outstanding to get out on the green side,” he said.

*Miramar
recycles*

**For more information, call
Station Recycling at 577-6366**